

Combatives Level I training schedule

Monday

0900-0930	Intro/ history
930-1000	Stand in base (w/ kick also)
	Dominant Body Positions
1000-1030	Escape the mount/ trap and roll
1030-1100	Pass the guard
1100-1130	Achieve the mount/ drill #1
1130-1300	Lunch break
1300-1400	Film/lecture on realistic training plan
1400-1430	Shrimp escape/ (escape the double grapevine)
	Shrimp drill
1430-1500	Escape the mount practical exercise
1500-1530	Arm push and roll to the rear mount
1530-1600	Escape the rear mount/drill #2
	(Quick roll rear mount escape)
1600-UTC	Sparing for dominant position

Tuesday

0800-0900	Warm-up and review
0900-0930	Rear naked choke/ (unbreakable Japanese strangle)
0930-1000	Cross collar choke (from the knees, mount, then guard)
1000-1030	Bent arm-bar from mount and side control
1030-1130	Straight arm-bar from the mount
	Straight arm-bar from the mount drill
1130-1300	Lunch
1300-1400	Film/lecture on realistic training plan
1400-1430	Warm-up and review
1430-1500	Straight arm-bar from the guard
	Straight arm-bar from the guard drill
1500-1530	Sweep from the attempted straight arm-bar
1530-1600	Scissors sweep/ kick the knee out/ Drill #3
1600-UTC	Sparing with submissions

Wednesday

0800-0900	Warm-up and review
0900-1130	Sparing with submissions
1130-1300	Lunch
1300-1400	Film/lecture on the dangers and benefits of sportive training
1400-1500	Warm-up and review
1500-UTC	Sparing with submissions

Thursday

0800-0900	Warm-up and review
0900-1000	Stand-up fighting class
1000-1130	Clinch against the puncher exercise (close the distance/ achieve the clinch/ Pummel near side, far side/ pummel drill/ trapping arm in your armpit)
1130-1300	Lunch
1300-1400	Film/lecture on training plans
1400-1430	Front takedown to the mount
1430-1500	Rear takedown to the mount
1500-1530	Guillotine choke

Friday

0800-0900	Review
0900-1130	Student teaching
1130-1300	Lunch
1300-1400	Warm-up and review
1400-1500	Grappling with punches class
1500-1600	Grappling with punches exercise Knees from side control
1600-1630	Class on the realities of fighting on the battlefield